

# FREE AND CONFIDENTIAL HELP



## National Suicide Prevention Lifeline

This is a crisis hotline that can help with many issues, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline.

Call: 988

## Boys and Girls National Hotline:

Teens can now text VOICE to 20121 or email [hotline@boystown.org](mailto:hotline@boystown.org) any day, any time to speak with a trained counselor.

Call 24/7: 1-800-448-3000



## Crisis Text Line

Text-based counseling service available anywhere in the US for people in any type of crisis or emotional distress. 24/7

TEXTLine: 741-741



## Oregon Youth Line:

You can text with another teen from 4-10pm PST or call, email, or chat with an adult at any time.

TEXT: teen2teen to 839863



## Lifeline Crisis Chat

Chat online with a trained counselor who can provide emotional support, crisis intervention, and suicide prevention services

<https://tinyurl.com/54r8ff4x>



## The Trevor Project

Organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

[thetrevorproject.org](http://thetrevorproject.org)



**If you are 14 years or older, you can seek outpatient mental health, drug or alcohol treatment on your own. (ORS 109.675) Here is some information that we give to everyone in our research studies.**

**If you or someone you know is having a problem with depression, anxiety, alcohol, drugs, or other emotional or life concerns, help is available!**

## National Runaway Safe-line

Provides services to meet the current needs of vulnerable youth and ultimately achieve an end to youth homelessness.

<https://www.1800runaway.org/youth-teens>

National Runaway Safe-line

## Translifeline

Resume & Career Resources  
Trans Lifeline is a peer support and crisis hotline offering phone support to transgender people.

<https://translifeline.org/> (877) 565-8860



## National Eating Disorders Association

Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder.

<https://tinyurl.com/pthxt4z4>



## CARES Northwest

CARES Northwest is a collaborative, community-based medical program for the assessment, treatment and prevention of child abuse.

<http://www.caresnw.org/contact-us/>



## SAMHSA's Disaster Distress Helpline

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Call 1-800-985-5990 or text TalkWithUs to 66746

SAHMH

## Find Local Counseling Services

Therapist Finder Tool:  
[www.psychologytoday.com](http://www.psychologytoday.com)  
Portland Therapy Center:  
<https://www.portlandtherapycenter.com/>



# TEEN RESOURCES



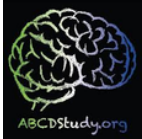
# YOUTH OPPORTUNITIES STARTER PACK



## ABCD Spotify Playlist

Listen to song suggestions from other teens in the ABCD study. Add your fav song during your ABCD assessment

<https://tinyurl.com/42e89fmk>



## ABCD NEWS!!!!

Learn how your data is being used and researched with recent findings in the news!!!

<https://abcdstudy.org/news/>



## OHSU ABCD Instagram

Follow us on our OHSU ABCD Instagram!

<https://www.instagram.com/abcdstudyoahu>



## Neuroscience For Kids

Neuroscience for Kids Build a neuron, test your reflexes, learn what a SLOG is, and more.

<https://tinyurl.com/2p842d8m>



## Mental Health First Aid

teen Mental Health First Aid (tMHFA) teaches teens, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

<https://tinyurl.com/5f7fujd6>



## OHSU ABCD facebook

Like us on facebook!

<https://www.facebook.com/OHSUABCD/>



## OHSU K-12 Internships

Most programs are planning for in-person experiences, however, depending on COVID-19, virtual experiences may be offered instead.

<https://tinyurl.com/5bhtbb9v>



Adolescent Brain Cognitive Development®  
Teen Brains. Today's Science. Brighter Future.

## RESUME AND CAREER RESOURCES

Let us know if you are interested in:

OHSU campus tour

Letter of Support - documenting your hours on the ABCD study

Informational Interview w/ our research staff

# Snack & Drink Menu

## Drinks:

Water Bottle

Fruit Juice Box

LaCroix -Grapefruit

Decaf Tea

Caffeinated Tea



## Snacks:

Mac & Cheese

Pizza Hot pocket

Cup of Noodles (V)

Granola Bar

Popcorn

Pretzels

Veggie Sticks

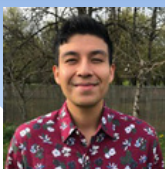
Cheddar Puffs

## OHSU ABCD STUDY TEAM SPOTLIGHTS – RESEARCH ASSISTANTS

WHY DID YOU BECOME AN ABCD STUDY RESEARCH ASSISTANT?



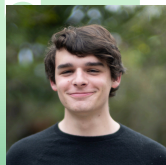
**GLORIA (SHE/HER):** I've always enjoyed research, and actually had a research major in college. When I graduated college, during the pandemic, I took a job near home as a secretary at an elementary school. I loved my job there, and still check in from time to time, but felt it was time to focus on something else. When I came across ABCD, it felt like a perfect fit! What's been most enriching about this job is getting to know you, the participants, and working collaboratively with the team to make this process as best for you as we can.



**ARTURO (HE/HIM):** I became a Research Assistant with the ABCD study because it was a great opportunity to get involved in neuroscience research. I was fascinated with psychology and, in particular, neuroscience. So, it was a perfect fit!



**ZAYNAB (SHE/HER):** I became an ABCD Study Research Assistant because of the importance of this kind of research. Looking at cognitive neurodevelopment across different stages of life provides greater insight into how mental illness treatments, and even prevention, can be evolved to support children and adolescents in modern society. This is the kind of innovative research I wanted to contribute to.



**JONAH (HE/HIM):** I was looking to get into the psychology field right after graduating college, and I found the page for the Developmental Brain Imaging Lab that ABCD is part of and thought it looked like a really cool place to work! I was able to get in touch with Dr. Bonnie Nagel and chat about careers in psychology and developmental psychology as a whole. She told me about an opportunity to work on ABCD, and I knew I had to apply given just how impressive the scale of the project is, the importance of the work, and the opportunity to work in such a cool place!



**SARAH (SHE/HER) :** I became an ABCD Study Research Assistant because there is so much to learn about the brain! Having the opportunity to assist in data collection as a Research Assistant is an incredible experience that allows me to contribute to the advancement of our knowledge of the brain.